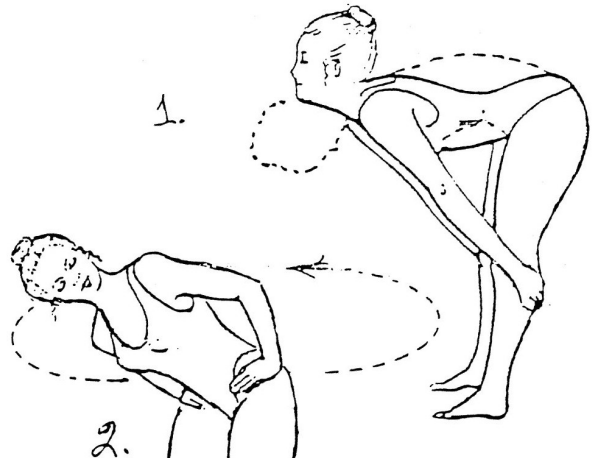


EXERCISE SET FOR RELAXATION & RELEASING FEAR

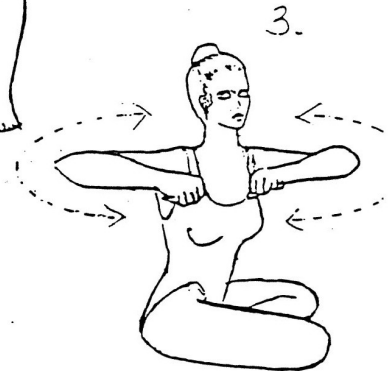
1. Stand and bend forward from the waist, keeping the back parallel to the ground. Reach behind you and hold on to your calves to maintain balance, and flex the spine as in Cat/Cow. Inhale and flex the spine down as if someone were sitting on the back, neck arching up, and exhale arching spine up, tucking chin to chest. Use hands, knees and feet as a firm base of support, legs remaining straight. Rhythmically coordinate movement with breath for 7 minutes. Works on kidneys & liver.



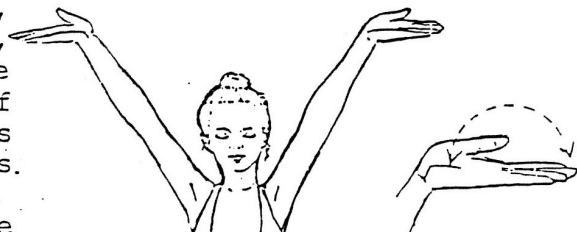
2. Still standing place hands on hips and rapidly rotate torso from the waist in large circles, powerfully for 9 minutes. Rejuvenates spleen & liver. (You may feel nauseous as liver releases toxins.)

2.

3. In Easy Pose, make fists of hands and place them in front of you as if grasping a steering wheel, and twist the body from side to side to the maximum, keeping elbows and allowing the neck to move, for 4 minutes. Works on the kidneys. The neck must move to release blood to the brain.

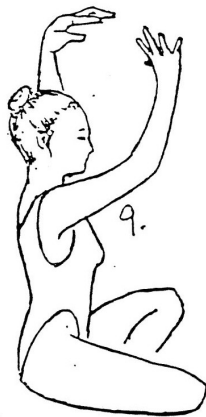
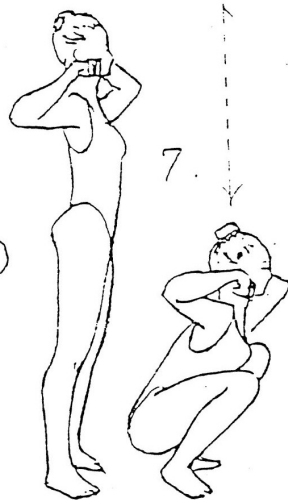


4. In Easy Pose, extend arms up at 60°, palms facing up, fingers straight, thumbs extended. Rapidly open & close hands bringing fingertips to base of palms for 7 minutes. Breaks up deposits in fingers & prevents/removes arthritis.



5. In Easy Pose, extend arms out to the sides parallel to ground and make fists with thumbs tucked inside on the mounds of little fingers. Inhale through the mouth and flex elbows bringing fists to shoulders, and exhale thru the mouth as arms are straightened out to the sides, moving rapidly and breathing powerfully coordinating movement with breath for 6 minutes. Removes tension from neck and purifies blood. Fears will leave when you powerfully project out on exhale.





6. Same hand position as #5, palm side of fist facing down, stretch arms straight out in front and rotate fists in small circles, left fist counter-clockwise, right, clockwise, at heart level, elbows straight, fists tight, moving shoulder blades and muscles under shoulders for 2 minutes. Adjusts muscles under breasts - if they are tight, you are uptight.

7. Crow Squatts with straight spine, feet flat on floor, fists with thumbs out at neck level, inhale up and exhale down for 3 minutes.

8. Sitali Pranayam: In Easy Pose, hands on knees, spine straight, curl the tongue protruding it slightly past lips. Inhale smoothly and deeply thru mouth, exhale thru nose for 4-5 minutes. Then play 'Dukh Bhanjan' tape, if available, and meditate on the healing vibrations of the Golden Temple and the sound current of the shabad (words), coordinating breath to music for 2 more minutes. Effective against anger, bad moods and temperament.

9. Continue listening to the tape as you raise and curve the arms upwards. Close the eyes and rhythmically move your body to the music, with feeling. Stop thinking and move with the beat. If you can bring your body into exact rhythm with the music, you can go into a state of ecstasy. Continue 10 mins.

10. In Rock Pose, place hands on thighs and listen to 'Jaap Sahib' tape, bowing the forehead to the floor to the Namastang rhythm, bowing on 4 counts & resting on 1. (Without music move as follows to 10 beats: down on 1, up on 2, down on 3, up on 4, down on 5, up on 6, down on 7, and up on 8, 9, & 10.) Continue for 8 minutes. This exercise has been known to heal any rock formations in the body such as kidney and gall-bladder stones.

11. In meditative pose, calm and collect yourself and feel that you are going to realize God's light in you. Totally remove all difference between yourself and Him. Lock hands behind the head, elbows out to the sides and apply pressure, keeping spine straight. Close the eyes and chant aloud with the 'Jaap Sahib' tape, copying the very essence of it, feeling the vibrations go through your hands to the back of your head. (Without the tape, breathe long and gently in that position.) Continue for 8 minutes and relax.